(Monroe Institute Blog - November 5, 2024)

CONNECTING WITH GREATER ENERGY FORMS (IN STARLINES)

Malorie Mackey
Actress, author and adventurer

Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

Often in my regular meditations, I get caught up in smaller concerns and intentions. I start wondering about how my week will go, and I'll try to visualize the best outcomes for my days at work. However, what I loved about taking the Starlines program at the Monroe Institute was that it introduced me to much greater energy forms. Instead of meditating on my daily concerns or healing my physical body, **Starlines** had me meditating on and visualizing the greatest masses of our solar system, our galaxy, our cluster, our supercluster, and beyond. I learned how to shift my perspective from the small day-to-day issues to the much larger concerns of our world. While there are always many great reasons to meditate on daily intentions, sometimes it's important—and it feels good—to shift to a greater perspective, which is what Starlines did for me.

Within the first day and a half, we were meditating on shifting our perspective from Earth to our solar system. The dance of each of the planets circling the sun provided a grounding sense of how small our earthly problems can be with just the right shift in outlook. Then, we ventured beyond the reaches of our solar system to our galaxy. Each exercise had us moving farther and farther away from our planet until our entire galaxy was a small blip in the tail of Laniakea, our galaxy's supercluster.

While it can be a bit overwhelming to continually move towards greater energy forms and lose sight of our life on Earth for a little while, it can also be quite grounding to put into perspective how small our daily problems can be in the grand scheme of the universe. It can allow us to begin asking the big questions about what we can do to make a real difference rather than worrying about ourselves and our daily lives. It can help us work towards a greater beneficial goal when we're able to see just where our planet lies in the grand scheme of things.

Instead of trying to manifest the release of my show or the publication of my book (as I had done previously), I began to manifest expeditions with the Explorers Club and the success of conservation efforts to try and better the health of Earth. This brush with greater energy forms had me asking big questions instead of wondering how I wanted

my day to go. I began asking myself how I could help better the world in the long run. Don’t get me wrong, I think it’s important to tend to your own goals and regularly check in with yourself through daily meditation. But it’s also important to gain perspective on how you can help the world on a larger scale. By contributing to that conversation, you can start to make a difference.

Needless to say, I was inspired by my encounters with the greater energy forms I felt in Starlines. I was immediately inspired to work towards larger goals and contributions. I encourage everyone to take Starlines when given the chance, as the shift in perspective was unlike anything I had experienced before.